

**WELSH ATHLETICS**  
**2024 NASUWT CUP AND PLATE FINAL.xlsm Field Draw**



<b>F01: U14 Boys Long Jump Cup &amp; Plate 12:00 PM</b>				<b>F02: U16 Boys High Jump Cup &amp; Plate 12:00 PM</b>			
<i>CUP CBP: Jamie JONES, Barry, Cardiff &amp; the Vale, 5.91, 2003</i>				<i>CUP CBP: James ANTHONY, Dwr-y-Felin, Afan Nedd Tawe, 1.92, 1997</i>			
<i>PLATE CBP: Ben VINCENT, Whitchurch High, Cardiff &amp; Vale, 5.44, 2017</i>				<i>PLATE CBP: Regan WILTON, Afon Taf, Glamorgan Valleys, 1.79, 2014</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	4	Harley WILKINSON	Syr Thomas Jones	1	6	Toby WYNNE	St. Joseph's
2	8	Thomas GRUBB	Brynmaur	2	2	Harry MORRIS	Cardiff High
3	6	Owen FELLOWES	Morgan Llywd	3	5	Jason DAVIES	YG Cwm Rhymini - Gellihaf
4	3	Jensen LEWIS-CHENARD	Dyffryn Aman	4	1	Sean STREVEENS	Bishopston
5	5	Tom YOUNG	YG Cwm Rhymini - Gwyndy	5	8	DEVON MCALDEN	Caerleon
6	1	Zac WILLIAMS	YG Gwyr	6	4	Connor JOHN	Friars
7	2	George WELSH	Whitchurch	7	7	Kieron WATSON	Newtown
8	7	Caden DAVIES	Llanidloes	8	3	George DEWSTOWE	Haverfordwest
9	44	DANIEL ROBERTS	Ardudwy	9	66	Kuba ROCSZACK	Castell Alun
10	88	Kingston ATKINS	Rougemont	10	22	Tomos SINGLETON	Glantaf
11	66	-	TBC	11	55	Mason MORGAN	Ysgol Rhydywaun
12	33	Cian MORGAN	Penglais	12	11	Theodore MORKA	YG Gwyr
13	55	Jacob BARNES	Brynteg	13	88	-	St. Julian's
14	11	Elis HOPKINS-DAVIES	Bryn Tawe	14	44	Max ROBERTS	Brynrefail
15	22	Kevin FENG	Llanishen	15	77	Tom HOWELLS	Llanidloes
16	77	James PENGELLY-LEACH	Newtown	16	33	Scott WIGLEY	Dyffryn Aman

<b>F03: U16 Girls Shot Put (3.00kg) Cup &amp; Plate 12:00 PM</b>				<b>F04: U16 Boys Discus (1.25kg) Cup &amp; Plate 12:00 PM</b>			
<i>CUP CBP: Ariana NWAIWU, Gwent is Coed, South East Wales, 9.79, 2023</i>				<i>CUP CBP: Justin JONES, Bro Myrddin, Dyfed, 43.56, 1991</i>			
<i>PLATE CBP: Molly GREENMAN, Radyr Comprehensive, Cardiff &amp; Vale, 10.23, 2019</i>				<i>PLATE CBP: Jay MORSE, Stanwell, Cardiff &amp; the Vale, 45.27, 2015</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	8	ARIANA NWAIWU	Gwent Is Coed	1	1	Ben LOOSMORE	Bishopston
2	5	Lena DAVIES	YG Cwm Rhymini - Gwyndy	2	7	James RIORDAN	Newtown
3	7	Myndy PRICE	Llanidloes	3	8	JOE ROSADO PUGSLEY	Caerleon
4	4	CADI GRIFFITH	Tryfan	4	6	Henry ELLIS	St. Joseph's
5	1	Violet SNELGROVE	YG Gwyr	5	3	Manny DAVIES	Haverfordwest
6	6	Vivienne KAROLAK	St. Joseph's	6	2	Alex MYNETT	Cardiff High
7	3	Charlotte MERRY	Bro Dinefwr	7	5	Toby JONES	YG Cwm Rhymini - Gellihaf
8	2	Alexa FISHER	Glantaf	8	4	Hari RIGBY	Friars
9	88	Verity AINSWORTH	Monmouth Girls	9	11	Harri WILLIAMS	YG Gwyr
10	55	Evie PRITCHARD	YG Cwm Rhymini - Gellihaf	10	77	James SMITH	Llanidloes
11	77	Darcy WOOLLEY	Welshpool	11	88	-	St. Julian's
12	44	Cara MULLOCK-JONES	Duffryn Conwy	12	66	Rhys JONES	Castell Alun
13	11	Chloe BRETTELL	Olchfa	13	33	Dai THOMAS	Dyffryn Aman
14	66	Macey JONES	Alun School	14	22	Joseff MAITLAND	Glantaf
15	33	Casi PUGH	Dyffryn Aman	15	55	Raith SCANELL	Ysgol Rhydywaun
16	22	Cassie MAY	Radyr	16	44	Caio JONES	Brynrefail

**WELSH ATHLETICS**  
**2024 NASUWT CUP AND PLATE FINAL.xlsm Field Draw**



<b>F05: U14 Girls Javelin (400g) Cup &amp; Plate 12:00 PM</b>				<b>F06: U14 Girls Triple Jump Cup &amp; Plate 12:00 PM</b>			
<i>CUP CBP: Stephanie RICHARDS, Cefn Hengoed, Afan Nedd Tawe, 35.09,</i>				<i>CUP CBP: Esther NICHOLLS, Y Gwyndy, Glamorgan Valleys, 8.98, 2023</i>			
<i>PLATE CBP: Bethany MOULE, Dwr-yr-Felin, Afan Nedd Tawe, 40.69, 2019</i>				<i>PLATE CBP: Sophie FORTY, Cardiff HS, Cardiff &amp; the Vale, 8.62, 2023</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	2	Aimee BENNETT	Glantaf	1	7	Imogen MORRIS	Welshpool
2	3	CELYN THOMAS	Bro Myrddin	2	6	Esmee POVEY	Castell Alun
3	4	MYA BLACKHAM	Tryfan	3	2	Amara-Chukwu HERBERT	Glantaf
4	5	Saffir SHAWLEY	YG Cwm Rhymini - Gwyndy	4	8	Stella GEORGE	Caerleon
5	6	Jess MCEWEN	Castell Alun	5	4	ALYS PRITCHARD	Tryfan
6	7	Bella ROBERTS	Welshpool	6	3	MIRIAM WILLIAMS	Bro Myrddin
7	8	Shania DAVIES	Caerleon	7	1	Freya BIRT	Olchfa
8	1	Alice CALDWELL	Olchfa	8	5	Lila GEORGE	YG Cwm Rhymini - Gwyndy
9	22	Lola WADMORE	Cardiff High	9	77	Lily WILLIAMS	Llanidloes
10	33	Lili REES LANGLEY	Bro Preseli	10	66	Maisie JOHNSON-HUGHES	Alun School
11	44	MALI JONES	Botwnnog	11	22	Fi OSBALDESTON	Cardiff High
12	55	Olivia TUCKER	YG Cwm Rhymini - Gellihaf	12	88	Annabella FORTAGH	Islwyn
13	66	Fleur RANGLES	Alun School	13	44	MIA NEL JONES	Botwnnog
14	77	Kelsey HARVEY	Llanidloes	14	33	Blythe WELSFORD	Bro Preseli
15	88	Millie HISCOTT	Islwyn	15	11	Taylor SHELMEKDINE	Bishopston
16	11	Darcey CARMAN	Bishopston	16	55	Lilly EALES	YG Cwm Rhymini - Gellihaf

<b>F07: U16 Girls Long Jump Cup &amp; Plate 1:00 PM</b>				<b>F08: U16 Boys Triple Jump Cup &amp; Plate 1:00 PM</b>			
<i>CUP CBP: Carys POOLE, Ysgol Gyfun Gwyr, Afan Nedd Tawe, 5.39, 2017</i>				<i>CUP CBP: Owen JONES, Amman Valley, Dyfed, 13.25, 2003</i>			
<i>PLATE CBP: Megan TAYLOR, Cardiff Hs, Cardiff &amp; the Vale, 5.49, 2023</i>				<i>PLATE CBP: Josh BALL, Afon Taf, Glamorgan Valleys, 12.45, 2013</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	5	Sioned MCCARTHY	YG Cwm Rhymini - Gwyndy	1	4	Elliot SHEARS	Friars
2	4	NEST OWEN	Tryfan	2	8	GEORGE DAVIES	Caerleon
3	3	Beatrice MORGAN	Bro Dinefwr	3	6	Riley ROBERTS	St. Joseph's
4	7	Celeste BOULANGER	Llanidloes	4	3	Harvey THOMAS	Haverfordwest
5	2	Elan HALL	Glantaf	5	5	Tom JAMES	YG Cwm Rhymini - Gellihaf
6	1	Eva CARVER	YG Gwyr	6	1	Henry PAYNE	Bishopston
7	6	Jess ODIA	St. Joseph's	7	2	Mani TAYLOR	Cardiff High
8	8	MARTHA JONES-DEKERF	Gwent Is Coed	8	7	Shay PAUL	Newtown
9	55	Seren REES	YG Cwm Rhymini - Gellihaf	9	44	Guto WILLIAMS	Brynrefail
10	44	Cari ROBERTS	Duffryn Conwy	10	88	-	St. Julian's
11	33	Ella Marie JONES	Dyffryn Aman	11	66	Owen PARSCCEPE	Castell Alun
12	77	Ruby PRYCE	Welshpool	12	33	James BENTLEY	Dyffryn Aman
13	22	Holly VITTLE	Radyr	13	55	Ellis CAMBOURNE	Ysgol Rhydywaun
14	11	Adaeze EMENOGU	Olchfa	14	11	Oliver SAMPSON	YG Gwyr
15	66	Maisie INGHAM	Alun School	15	22	Javan HERBERT	Glantaf
16	88	Mathilde HIRST	Monmouth Girls	16	77	Aron PECK	Llanidloes

**WELSH ATHLETICS**  
**2024 NASUWT CUP AND PLATE FINAL.xlsm Field Draw**



<b>F09: U14 Girls High Jump Cup &amp; Plate 1:00 PM</b>				<b>F10: U14 Girls Shot Put (2.72kg) Cup &amp; Plate 1:00 PM</b>			
<i>CUP CBP: Rosie DOMICAN, Ysgol Glantaf, Cardiff &amp; Vale, 1.55 2017</i>				<i>CUP CBP: Adele NICOLL, Welshpool, Powys, 11.12, 2009</i>			
<i>PLATE CBP: Macey MORRIS, Caldicot School, South East Wales/Marnie N</i>				<i>PLATE CBP: Nia WILLIAMS, Bro Dinefwr, Dyfed, 10.19, 2017</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	6	Isabelle HUGHES-FAWKES-JONES	Castell Alun	1	8	Stella GEORGE	Caerleon
2	2	Elin GRIFFITHS	Glantaf	2	5	Lila GEORGE	YG Cwm Rhymini - Gwyndy
3	5	Anabel PRICE	YG Cwm Rhymini - Gwyndy	3	7	Imogen MORRIS	Welshpool
4	1	Katriel UDOH	Olchfa	4	4	ALYS PRITCHARD	Tryfan
5	8	Amelia COLLINS	Caerleon	5	1	Freya BIRT	Olchfa
6	4	SEREN JONES	Tryfan	6	6	Esmee POVEY	Castell Alun
7	7	Evie LANGFORD	Welshpool	7	3	MIRIAM WILLIAMS	Bro Myrddin
8	3	GWENNO REES	Bro Myrddin	8	2	Amara-Chukwu HERBERT	Glantaf
9	66	Alice SYKES-HAND	Alun School	9	88	Annabella FORTAGH	Islwyn
10	22	Isabelle COX	Cardiff High	10	55	Lilly EALES	YG Cwm Rhymini - Gellihaf
11	55	Skye MORGANS	YG Cwm Rhymini - Gellihaf	11	77	Lily WILLIAMS	Llanidloes
12	11	Millie JAYHAM	Bishopston	12	44	MIA NEL JONES	Botwnnog
13	88	Poppy HOWELLS	Islwyn	13	11	Taylor SHELMEKDINE	Bishopston
14	44	NAN PRYS JONES	Botwnnog	14	66	Maisie JOHNSON-HUGHES	Alun School
15	77	Freya LAMP	Llanidloes	15	33	Blythe WELSFORD	Bro Preseli
16	33	Isobel DUNKELD	Bro Preseli	16	22	Fi OSBALDESTON	Cardiff High

<b>F11: U16 Girls Discus (1.00kg) Cup &amp; Plate 1:00 PM</b>				<b>F12: U14 Boys Javelin (400g) Cup &amp; Plate 1:00 PM</b>			
<i>CUP CBP: Adele NICOLL, Welshpool, Powys, 43.87, 2012</i>				<i>CUP CBP: James EVANS, Whitchurch, Cardiff &amp; the Vale, 48.41, 2000</i>			
<i>PLATE CBP: Stephanie NICHOLAS, YG Gwyr, Afan Nedd Tawe, 33.65, 201</i>				<i>PLATE CBP: Ben METCALF, YG Cwm Rhymini, Glamorgan Valleys, 40.17, 2012</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	1	Eva EVANS	YG Gwyr	1	2	Carreg VENABLES	Whitchurch
2	7	Seren PUGH	Llanidloes	2	3	Iori HUMPHREYS	Dyffryn Aman
3	8	AALIYAH BEAVAN	Gwent Is Coed	3	4	Mackenzie MARSDEN	Syr Thomas Jones
4	6	Vivienne WILLIAMS	St. Joseph's	4	5	Eban WEBB	YG Cwm Rhymini - Gwyndy
5	3	Freya MORGAN	Bro Dinefwr	5	6	Ethan JONES	Morgan Llywd
6	2	Yvie JONES	Glantaf	6	7	Noah OLDFIELD	Llanidloes
7	5	Gwennan EVANS	YG Cwm Rhymini - Gwyndy	7	8	Henry SNELL	Brynawr
8	4	ERIN JACOBS	Tryfan	8	1	Cynan KING	YG Gwyr
9	11	Maddie GRIFFITHS	Olchfa	9	22	Daniel BAILEY	Llanishen
10	77	Tilly JONES	Welshpool	10	33	Kaidon MOORE	Penglais
11	88	Jessica LAW	Monmouth Girls	11	44	SHAWN JONES	Arduwy
12	66	Eva MCKENZIE	Alun School	12	55	Will MORDECAI	Brynteg
13	33	Megan DAVIES	Dyffryn Aman	13	66	-	TBC
14	22	Katie HIGGINSON	Radyr	14	77	Tyler MITCHELL	Newtown
15	55	Menna EALES	YG Cwm Rhymini - Gellihaf	15	88	Monty HALL	Rougemont
16	44	Non DAFYDD	Duffryn Conwy	16	11	Koby ROGERS	Bryn Tawe

**WELSH ATHLETICS**  
**2024 NASUWT CUP AND PLATE FINAL.xlsm Field Draw**



<b>F13: U14 Girls Long Jump Cup &amp; Plate 2:00 PM</b>				<b>F14: U16 Girls Triple Jump Cup &amp; Plate 2:00 PM</b>			
<i>CUP CBP: Sophie NEWINGTON, Olchfa, Afan Nedd Tawe, 5.13, 1999</i>				<i>CUP CBP: Elyse VEATER, YG Cwm Rhymini - Gelli Haf, Glamorgan Valleys, 10.29, 2019</i>			
<i>PLATE CBP: Sali OWEN, Penweddig, Dyfed, 4.80, 2023</i>				<i>PLATE CBP: Olivia STEWART, Bishopston, Afan Nedd Tawe, 10.00, 2023</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	7	Ivy KUIPERS	Welshpool	1	5	Esther NICHOLLS	YG Cwm Rhymini - Gwyndy
2	6	Emily CLARKE	Castell Alun	2	4	HAWYS OWEN	Tryfan
3	2	Elinor ROBERTS	Glantaf	3	3	Lily ALICE HUGHES	Bro Dinefwr
4	8	Libby JONES	Caerleon	4	7	Ffion DAVIES-WILLIAMS	Llanidloes
5	4	MARTHA WYN	Tryfan	5	2	Elen BLACKMORE	Glantaf
6	3	BECA ELFYN	Bro Myrddin	6	1	Imogen MCADIE	YG Gwyr
7	1	Grace CHESWEKA	Olchfa	7	6	Hanna TENTEROBA	St. Joseph's
8	5	Maia PHILLIPS	YG Cwm Rhymini - Gwyndy	8	8	DAITON O'NEILL	Gwent Is Coed
9	77	Bethan EVANS	Llanidloes	9	55	Ffion BOWDEN	YG Cwm Rhymini - Gellihaf
10	66	Erin MCGUIRE	Alun School	10	44	Nel ROBERTS	Duffryn Conwy
11	22	Lily PARSONS	Cardiff High	11	33	Zoe DOWLER	Dyffryn Aman
12	88	Lara PATTERSON	Islwyn	12	77	Florence KUIPERS	Welshpool
13	44	EVA WRIGHT	Botwnnog	13	22	Elin RUSSIL	Radyr
14	33	Katy JENNINGS	Bro Preseli	14	11	Tabby VENTRESS-BRETT	Olchfa
15	11	Bella DAVIES	Bishopston	15	66	Myah PEARSON	Alun School
16	55	Phoebe HOLLAND	YG Cwm Rhymini - Gellihaf	16	88	Victoria ROSSITER	Monmouth Girls

<b>F15: U16 Girls High Jump Cup &amp; Plate 2:00 PM</b>				<b>F16: U14 Boys Shot Put (3.00kg) Cup &amp; Plate 2:00 PM</b>			
<i>CUP CBP: Lisa THOMPSON, John Bright, Gwynedd, 1.66, 1995</i>				<i>CUP CBP: Kristian PHILLIPS, Ystalyfera, Afan Nedd Tawe, 13.29, 2004</i>			
<i>PLATE CBP: Erin WALTERS, Bro Myrddin, Dyfed, 1.60, 2011</i>				<i>PLATE CBP: Ethan WITCHELL, Ysgol Glantaf, Cardiff &amp; the Vale, 13.65, 2019</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	4	HANNA JONES	Tryfan	1	6	Tomasi FIDOW	Morgan Llywd
2	8	ARMANI HESTER-DEMILLE	Gwent Is Coed	2	2	James MCCORMACK	Whitchurch
3	6	Amy APPIAH-KUBI	St. Joseph's	3	5	Cadel PARRY	YG Cwm Rhymini - Gwyndy
4	3	Menna HARRIS	Bro Dinefwr	4	1	Max FELSTEAD	YG Gwyr
5	5	Grace CADDY	YG Cwm Rhymini - Gwyndy	5	8	Ieuan WILLIAMS	Brynawr
6	1	Efa MORGAN-ROBERTS	YG Gwyr	6	4	Cai BURNS	Syr Thomas Jones
7	2	Carys MAYERS	Glantaf	7	7	Milo THOMSON	Llanidloes
8	7	Phoebe SHORT	Llanidloes	8	3	Xander HOLT	Dyffryn Aman
9	44	Lleucu NEWTON	Duffryn Conwy	9	66	-	TBC
10	88	Sophie BAILEY	Monmouth Girls	10	22	Adam YACOUMI	Llanishen
11	66	Layla DRURY	Alun School	11	55	Ethan RICHARDSON	Brynteg
12	33	Zakia JOHNSON	Dyffryn Aman	12	11	Riley SEAWARD	Bryn Tawe
13	55	Holli MACKENZIE PRICE	YG Cwm Rhymini - Gellihaf	13	88	Lawrence DOWLING	Rougemont
14	11	Millie PIERCE	Olchfa	14	44	ARON ROBERTS	Arduwy
15	22	Elin RUSSIL	Radyr	15	77	Alex RIORDAN	Newtown
16	77	Lucy WARD	Welshpool	16	33	Anthony JARVIS	Penglais

**WELSH ATHLETICS**  
**2024 NASUWT CUP AND PLATE FINAL.xlsm Field Draw**



<b>F17: U14 Girls Discus (0.75kg) Cup &amp; Plate 2:00 PM</b>				<b>F18: U16 Boys Javelin (600g) Cup &amp; Plate 2:00 PM</b>			
<i>CUP CBP: Adele NICOLL, Welshpool, Powys, 35.92, 2010</i>				<i>CUP CBP: Chris THOMAS, West Mon, Gwent, 56.58, 1995</i>			
<i>PLATE CBP: Ella JACKSON, Radyr Comprehensive School, Cardiff &amp; Vale, 2010</i>				<i>PLATE CBP: Lewie JONES, Olchfa, Afan Nedd Tawe, 48.30, 2022</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	8	Poppy SMALL	Caerleon	1	1	Toby PHILLIPS	Bishopston
2	5	Magi WALKER-UNDERY	YG Cwm Rhymini - Gwyndy	2	7	George FARRINGTON	Newtown
3	7	Ella-Rose JONES	Welshpool	3	8	EDWARD RIDEOUT	Caerleon
4	4	ALY THOMAS- THOMPSON	Tryfan	4	6	Valdir COSTA	St. Joseph's
5	1	Tochi EMENOGU	Olchfa	5	3	Yaroslav LOPHUA	Haverfordwest
6	6	Molly KAUFMAN	Castell Alun	6	2	Jack S JONES	Cardiff High
7	3	CRISTYN BENDLE	Bro Myrddin	7	5	Kai WILLIAMS	YG Cwm Rhymini - Gellihaf
8	2	Karrae-Starr SAVAGE	Glantaf	8	4	Mason ROWLANDS	Friars
9	88	Ella LANE	Islwyn	9	11	Macsen HOLLAND	YG Gwyr
10	55	Mali DUMMETT	YG Cwm Rhymini - Gellihaf	10	77	Levi POWELL	Llanidloes
11	77	Lexi FRANCIS-JONES	Llanidloes	11	88	-	St. Julian's
12	44	CARMELA ZARAET	Botwnnog	12	66	Josh HOLLINSHEAD	Castell Alun
13	11	Polly JONES	Bishopston	13	33	Ronnie BULLIONS	Dyffryn Aman
14	66	Lili MCKENZIE	Alun School	14	22	Gruff DAFYDD	Glantaf
15	33	Elen FRANCIS	Bro Preseli	15	55	Jacob STYLING	Ysgol Rhydywaun
16	22	Anna POPE	Cardiff High	16	44	Gwion JONES	Brynrefail

<b>F19: U16 Boys Long Jump Cup &amp; Plate 3:00 PM</b>				<b>F20: U14 Boys High Jump Cup &amp; Plate 3:00 PM</b>			
<i>CUP CBP: Rhys WILLIAMS, YG Cwm Rhymini, Glamorgan Valleys, 6.22, 2011</i>				<i>CUP CBP: Tom TROTMAN, Cowbridge, Cardiff &amp; the Vale, 1.70, 2011</i>			
<i>PLATE CBP: Ben VINCENT, Whitchurch High School, Cardiff &amp; the Vale, 5.22, 2011</i>				<i>PLATE CBP: Iolo GRANT, Ysgol Glantaf, Cardiff &amp; the Vale, 1.60, 2019</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	2	Jack VAUGHAN	Cardiff High	1	7	Jake DONALDSON	Llanidloes
2	3	Ollie THOMPSON	Haverfordwest	2	6	Max JONES	Morgan Llywd
3	4	Tom D'AVOSSA	Friars	3	2	Fin MALPAS	Whitchurch
4	5	Rorey GARDNER	YG Cwm Rhymini - Gellihaf	4	8	Alex HUIISH	Brynawr
5	6	Kacper BURY	St. Joseph's	5	4	Timothy DAVIES	Syr Thomas Jones
6	7	Fyfe DAVIES	Newtown	6	3	Lucas CARPENTER	Dyffryn Aman
7	8	RHYS DYER	Caerleon	7	1	Harrison CORTAZZI	YG Gwyr
8	1	Rocco LEWIS	Bishopston	8	5	Keegan CARTER	YG Cwm Rhymini - Gwyndy
9	22	Macsen MARTINS-HUGHES	Glantaf	9	77	Henry ROWLANDS	Newtown
10	33	Leon WOODLEY	Dyffryn Aman	10	66	-	TBC
11	44	Deri HOCKLEY	Brynrefail	11	22	Josh HARVEY	Llanishen
12	55	Iestyn PUGH	Ysgol Rhydywaun	12	88	Matthius TSVARA	Rougemont
13	66	Lucas GREEN	Castell Alun	13	44	ELLIS FAULKES	Arduwy
14	77	Wil EVANS	Llanidloes	14	33	David AKPOKODJE	Penglais
15	88	-	St. Julian's	15	11	Theo HARRINGTON	Bryn Tawe
16	11	Danny SPILLETS	YG Gwyr	16	55	Toby WILLIAMS	Brynteg

**WELSH ATHLETICS**  
**2024 NASUWT CUP AND PLATE FINAL.xlsm Field Draw**



<b>F21: U16 Boys Shot Put (4.00kg) Cup &amp; Plate 3:00 PM</b>				<b>F22: U14 Boys Discus (1.00kg) Cup &amp; Plate 3:00 PM</b>			
<i>CUP CBP: Josh LEWIS, YG Cwm Rhymni, Glamorgan Valleys, 14.17, 2014</i>				<i>CUP CBP: Issac LECKI, Castell Alun High School, North East Wales, 35.25, 2016</i>			
<i>PLATE CBP: Matthew WILLIAMS, Maelor, North East Wales, 13.54, 2011</i>				<i>PLATE CBP: Brynmor CLEMENTS, YG Gwyr, Afan Nedd Tawe, 37.25, 2014</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	5	Noah JONES	YG Cwm Rhymni - Gellihaf	1	4	Edwin HUGHES	Syr Thomas Jones
2	4	Carwyn ROBERTS	Friars	2	8	Max PARRY	Brynmawr
3	3	Brayden JONES	Haverfordwest	3	6	Kyran BYOTT	Morgan Llywd
4	7	Liam EDWARDS	Newtown	4	3	Milo WILSON	Dyffryn Aman
5	2	Harry FRY	Cardiff High	5	5	Cameron GEORGE	YG Cwm Rhymni - Gwyndy
6	1	Morgan SWALES	Bishopston	6	1	Max COURTNEY	YG Gwyr
7	6	Praise OSADIAYE	St. Joseph's	7	2	Aneurin BRUTE- WOOD	Whitchurch
8	8	REUBEN JOHNSTONE	Caerleon	8	7	Dillan PRIOR	Llanidloes
9	55	Haydn WHITEHOUSE	Ysgol Rhydywaun	9	44	GARAN BENTHAM	Arduwy
10	44	Cai WILLIAMS	Brynrefail	10	88	Dan BEALE	Rougemont
11	33	Kelston FAIRHURST	Dyffryn Aman	11	66	-	TBC
12	77	Oscar LAMP	Llanidloes	12	33	Noah KEITH	Penglais
13	22	Meredydd IFAN	Glantaf	13	55	Kai KIDDY	Brynteg
14	11	Tomos DAVIES	YG Gwyr	14	11	Jude HARLIN	Bryn Tawe
15	66	Jorge PARRY-LOPEZ	Castell Alun	15	22	Khadr AL JASSEEM	Llanishen
16	88	-	St. Julian's	16	77	Morgan EVANS-JONES	Newtown